

A **CRISIS** is a personal experience that can happen at any time.

You don't have to deal with it alone.

By phone and in person. Your place or ours.

Confidential support and counselling to people living or visiting in the District of East Algoma (from Spanish to Iron Bridge, including Elliot Lake). Through our partnership with Sault Area Hospital Crisis Line, services are available 365 days a year.

A crisis can be triggered by an unexpected event or loss (i.e. job/relationship). It might be something that you have been coping with for a while that you feel you can no longer manage, like stress at work or school, feeling alone, or thoughts of suicide. You may be having symptoms of depression, anxiety, other mental health concerns and/or addiction.



Crisis Response Service
Help when you need it.



Weekdays: **705.848.2585**

After Hours and Weekends: **1.800.721.0077**